



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01041, Cheese, tilsit

Report Date: June 22, 2017 10:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	42.86	--	1.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	340	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1422	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	24.41	--	0.820	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	25.98	--	1.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	4.87	--	0.075	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	1.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	753	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.061	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.359	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.205	--	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.346	--	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, DFE	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	2.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	249	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	236	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	1045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lipids													
Fatty acids, total saturated	g	16.775	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.878	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.536	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.381	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.748	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	1.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.608	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	7.675	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.668	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.721	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.398	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.323	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.352	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.899	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	2.548	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.754	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.138	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	1.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.458	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	1.752	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Arginine	g	0.849	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.811	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.798	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	5.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.497	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.969	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.393	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985